inl

WHY YOUR BEAD ACHES.

at a Family Dector Writes for

Probably one of the most common hasdaches, if not the most common, is that called sersous. The class of people most subject to it are certainly not your outdoor workers. If ever my old friend the gardner had a headache, it would not have been one of this description. Nor does Darby, the plowman nor Jarvey, the bus man, nor Greatfoot, the gauger, suffer from pervous headache, nor any lee who leads an outdoor life, or who takes plenty of exercise in the open air But poor Mattie, who slaves away her days in a stuffy draper's shop, and Jean-nie in her lonesome attic, bending over her white seam-stitch, stitch, stitchtill far into the night, and thousands of others of the indoor working class are martyre to this form of headsche. Are alone in their misery? No; for my Lady Bonhomme, who comes to have her ball dress fitted on, has often a fellow feeling with Jeannie and Mattie. She however, we cannod afford to pity quite so much, because she has the power to change her modus vivendi whenever she

What are the symptoms of this com-plaint that makes your head ache so. You will almost know it is coming from a dull, perhaps sleepy, feeling. You have no heart and little hope, and you are restless at night. Still more restless, though, when it comes on in full force, and then for nights, perhaps, however much you may wish to, you can scarcely

"How my poor head does sche!" This you will say often enough; sadly to your-self, and hopelessly to those near you, from whom you expect no sympathy and get none. And yet the pain is bad to bear, although it is generally confined to only one part of the head.

The worst of this form of headache lies the fact that it is received.

in the fact that it is periodic. Well, as it arises from unnatural habits of life or peculiarities of constitution, this periodi-city is no more than we can expect. If I just note down some of the most

ordinary causes of nervous headachs, people who suffer therefrom will know what to do and what to avoid. I will then speak of the treatment.

Overwork indoors.

Work or study indoors, carried on in an unnatural or cramped position of body. Literary men and women ought to do most of their work at a standing desk, most of their work at a standing desk, lying down now and then on a sofa to ease brain and heart and permit ideas to flow. They should work out of doors in fine meather—with their feet resting on on a board, not on the earth—and under canvas in wet weather. It is surprising the good this simple advice, if followed, can effect.

Neglect the ordinary rules that con-

duce to health.

Want of freeh air in bedrooms.

Want of abundant skin exciting exer-

Neglect of the bath.

Neglect of the bath.

Over indulgence in food, especially of
a stimulating character.

Weakness or deability of body, however produced. This can only be remedied by proper nutriment.

Nerrousness, however induced.

The excitement inseparable from a
fashlogable life.

eshionable life.

Exciting passion, anger and jealousy in articular.

TUMBLED TO HIMBELF. -E. H. Grouby, editor of a paper in Georgia, blacklisted himself in his own paper as follows: "On and after this date the undersigned gives

notice that he will proceede any person selling him intoxicating liquor of any kind, to the full extent of the law. This is not for the purpose of injuring whisky dealers, but to get sober and stay at home."

Pive years ago Wichita, Kan., was a town of 5,000 inhabitants. To-day it is a flourishing city of 40,000 inhabitants, and is the seat of eleven schools and colleges. Advertising did it.

THE PIOCHE WLLKLY RECORD

VOL. XXXIV. PIOCHE. NEV., SATURDAY MARCH 3, 1888.

NO. 27

(Century.)
Genius invents, talent supplies.
Faith won't enable a man to lift a ton all at once; but it will, ten pounds at a

When you have learned to listen you have already acquired the radiments of a good education.

I have never seen an idea, too big for a sentence, but I have read thousands o

entences too big for an idea. You may travel a good way on whisky, and travel fast while you are going, but you can't get back when you want to.

Vanity and jealonsy are the two weak-est passions—the human heart, and, strange to tell, they are the most com-

A thoroughly nest woman is a for speakable, but doesn't she make it busy for the dust and the people in her neigh-

My young disciple, don't hupt for new things, but study to improve upon the old ones; every flat stone, and most of the bowlders, have been turned over already by the novelty-hunters

Malpraetics in Chine

The Chicase penal code provides that when an unskilful physician, in administering medicines or using the acupuncture needle, proceeds contrary to the es tablished forms, and thereby causes the death of the patient, the magistrate shall call in other physicians to examine the medicines or the wound. If it appear medicines or the wound. If it appear that the injury done was unintentional, the practitioner shall then be treated according to the statute of accidental homicides, and shall not any longer be allowed to practice medicine. But if he have designedly departed from the es-tablished forms, and have practiced deceit in his attempts to cure the malady one in his attempts to cure the malady in order to gain property, then, accord-ing to the amount, he shall be treated as a thief; and if death ensures from his mal-practice, then for having thus used medicine with intent to kill, he shall be be headed. There appears to be nothing in the "Celestial" code answering to the laws of "barbarian" nations concering civil damages recoverable by parties made to suffer from "unintentinal" mal-practice.—(Chicago News.

flow It Derived Its Name

Chinook: Name given by the Indiana of the upper Columbia to a warm wind that blows from the Japan current and striking the Oregon Coast on the north-west sweeps across the continent. The Chinook Indianalized on the lower Columbia, and this wind, coming from the direction of their home, caused it to be called Chinooks—from the land of the Chinooks. The early settlers of Oregon adopted the term and it is now heard all around the world. These life giving wind belts range in width from one to hundreds of miles, and they cut a path through snow and ice as clean as does at the time of through a forest. Its line of travel is ac distinctly marked sometimes that a strip of land can be seen running on a mountain slope with a wall of snow on each side. Its effects have been noticed here this Wilsen. One day here last week the snow was several inches in depth, with ground frozen beneath and things popping with cold. In 24 hours the streets were muddy.—[Boise Damocrat.

An exchange, which has been studying the clothing and furnishing business, any: It is astonishing to observe how few will consument to Possibly needs, but he does not know what a "size" too small or too large. A "size" too called Chinook-from the land of the Chinooks. The early settlers of Oregon adopted the term and it is now heard all

underwear is two inches, a "size" in a sock is one inch, in a collar one-half an inch, in a shirt one-half an inch, in a shirt one-half an inch, in a shirt one-half an inch, in shoes 20; sax 7 40, penalty feets, adv 2; total one-sixth of an inch, and in half one-sighth of an inch, and in half one-sighth of an inch, and in half one-sighth of an inch. Very few purchasers ever understand the schedule days of the shoet of the schedule of the

Gentleman (to Uncle Rastus, who is troubled with a balky mule)—Uncle Rastus, do you think hiching that mule

Rastus, do you think the him go!

Uncle Rastus—Da haint nufin wot'll make dat mule go when he 'cludes not to, sah. I'm, only kickin' him fo' my own satisfaction.—[Accident News.

MISCELLANEOUS.

25 YEARS IN USE.

TUTT'S HAIR DYE

NOTICE OF TAX SALE.

DELINQUENT LIST OF PROPERTY FOR THE YEAR 1887, LINCOLN COUNTY NEVADA.

Notice is hereby given to those whom it may consern and to ine following named persons and to all owners of, or elamants to, the real control of the property upon which what have a penalty and costs shall remain unpaid on

Monday, the 16th day of January, A. D. 1888.

much of each purcel as will pay the amount of taxes, delinquency and coats against it, with the solf by meas Gunny Treasurer and Ex-Officio Tax Receiver of said County of Life, sole, at 10 olook M. of said day, at the front sole, at 10 olook M. of said day, at the front sole of the county in said county of Life, and county of the sole, at 10 olook M. of said day, at the front sole of the sole of the

PIOCHE.

Alcock J. H. & O.—Possessory claim to 160 scree land and improvements including apring (indian Springs) about seventeen miles north of Swiss Both place in Spring Valley, known as the D. F. Alexander upper rando to the Frizor road. Possessory claim to 100 acres land and cabin about 5 miles west of the D. Y. Alexander upper ranch, known as 180 old Other 1918 of the Control of the Abdison J. B. Possessory claim to 2 total 21.54. Abdison J. B. Possessory claim to 5 total and improvements in Pansas, lots 2 and 2 block 17. becausery claim to 160 arres land in Mesadow Valley Wash south of Matthews ranch. Per sample tills to 2 lots errors the street north of Charles Matthews Br residents and sellouting Dan Block on the south. Possessory claim to 8 acress passures land south of the Pansas and Deliloyville lane, subsect by Geo. W. Lee, Lar 70 62, penalty 7 06, adv 2; total 70 62. MISCELLANEOUS.

sails 20.

Perkins Uie W.-Poaressory distin to 15 ree of land and improvements in Overton loining Samuel Kaisey's on the north issue, peralty 130, adv 2; total 16 50.

Purson Jama-Poasessory claim to corral of mable in Bullionville; also 10 300 acres of add improvements in Pakiranagai Valey,

Uchnwin Owners—Possessory claim, to bouse and 100 on the Bristo road shoult three quarters of a mile north of Dan Boeker's station and about the same distance east of Royal City and known as if it Craw's station; tax let, pensity 120ta, and 2, total 2 92.

Unknown Owner—Possessory claim to 180 acres of lant inner or less about two miles south of Bullionville, 40 acres of others land formerly absenced to, win Culturestil and Broad the bilance being situated about three-quarters of a mile suithwest of Posses and Comprovements. In Possessory claim to 100 acres 120, pensity 70ts, at 2 1, total 2 92.

Wilson 1901D—Possessory claim to 100 acres of land shout miles being the Comprovements. In Possess, total 2002, tax of 120 acres of 120 acres

Application for a Patent

No. 12.

**Current Startis* Laup OFFICE, Kurcky, Sevada, March 13, 1882.

**A OFFICE IN HUMERT GIVEN THAT JAMES AND JAMES AND JAMES AND GOOD MOTOR, whose postables address in Temperat, Lincoln Countries, James James

LOT "A."

Beginning at a post merked No. 1, US survey No. 37, Lot "A." the same being post No. 1 of US survey No. 37, Lot "A." the same being post No. 1 of US survey No. 66, lot "A." Handsrd tode, whence US simised informment No. 40, on Copycle Peak, bears S. 11 deg 21 min W. 4653 feet. Themee mining, is course, N. 6 deg E 1900 feet, to post marked No. 2, US survey No. 57, lot A; thance, St. course, N. 7 deg E 1900 feet, to post marked No. 2, US survey No. 57, lot A; thance, St. course, N. 6 deg W. 100 est, to post marked No. 2, US survey No. 57, lot A; thance, St. course, S. 7 deg. W. 100 est, to post No. 5, the place of beginning. Constituing 18 No. 5, the place of beginning. Constituing 18 No. 5, the place of beginning.

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more, right away than anything else in this
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THE

PIOCHE RECORD

NEWSPAPER

JOB PRINTING

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panise of Southern Merada and South Job Printing of everydisgription done at the RECORD OFFICE to

> Cologent style and at the LOWEST PRICES.

Wedding Cards

Bill-Boads

Ore Receipts

Assay Black

---grammes

A HD ALL KIND OF PANGT AND PLAIN

RECORD PURLISHING COMP HT

LEGAL.

Application for a Patent

No. 681.

OTICE IS HEREBY GIVEN THAT A. Is MAHOR and J. L. ROUTZONO, who shouldes see the Bullowville, Lincounty, Novada, has this day filed their applifus for a posterior for fifteen hundred lines that "Magnolia" intine or vein bearing after the "Magnolia" intine or vein bearing after the "Magnolia" intine or vein bearing after the "Magnolia" intended feet in with surface ground six hundred feet in with the surface ground six hundred feet in the surface ground six hundred feet

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Trustee's San

OTICE IN REMERY GIVEN, THAT F same to the authority vested in me in a certain Dead of Trust, anceuted by an allier Bining Company to me, bed June 18th, 18th, and recented in Limity, Newada, Redende, in Book P. Yagas R., deinnit having concreted in the pay he interest due to be accounted by a side Trust Bood in time as account by a side Trust Bood in time them. The me and the side of the

y whoch r. s., the property mention scribed in said Trust Deed, or so seed as may be necessary to pay said is and couls of said, to will Those certain Misses, Mining Chaims, Ill und Machinery, Millatte, Gerrale, as

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Dated August 1st, 1983 sull-st HERBY T. Walls, Typ

Sheriff's Sale.

at of the high Judicial Design of the County of Mancola, finals or the County of Mancola, finals or me directed and delivered, for i rendered in said Cours on the for any A, D, 1885, in favor of Archia Manca, A, D, 1885, in favor of Archia Manca, and against the Maybewering County of the Manca of the Maybewering Chairs, and all secretary of the Manca of the Manc

Saturday, the 6th day of O A. D. 1862, at 12 o clock w. of that day, J. wil sail all the right, till and interest of said May, lower bliver. Mining Oungary in and to the above described property, and the said May, drawer Mina and Mining claim, at the frest does of the Court-house in Fioche, Lincoln seems passe of Neveda, at public aution, for each in hand, to like highest and best bridge, to satisfy a said judgment and deeper and all coase, and all coase, and all coase, and all coase, and all coase his say seems.

NOTICE.

NOTICE IS HEREDY GIVEN THAT APPLI-No. 1, BE MINOS US & MINOS US & MINOS minding as a pest marked No. 1. When the Town of Helston Themos U Commonwealth No. 1 hears S This degrees feet; U S minoral menument No. 2 at the northwest corner of Hatch and Hatch in the Town of Herston, hears No. 10, 100 feet.

First course, S Tolk darpnes U A.

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